



CONNECT • FOCUS • FLOW™

Create a life that totally energizes you.

Welcome to the Connect • Focus • Flow™ self-awareness practice!
By working with the three steps, it can help you gain greater clarity, confidence, and freedom.

Connect • Focus • Flow™ is a three-step process designed to help you create a life that totally energizes you. It can open you to explore what's possible, and to find more of your own unique strengths and ideas. You will recharge your energy and manage it so you won't waste energy or become drained.

The first step: You connect with your core self, come back into to the present moment, and rest in yourself, so you can feel calmer, heal, and experience more energy.

The second step: You refocus your mind so you can think more clearly, see the big picture, receive inspired visions, and be more confident in your decisions.

The third step: You let go and expand your scope so you can feel free, empowered to do more, and experience the flow of harmony in your life.

STEP 1: CONNECT

Why is it important to connect and stay present in the moment?

It is in the present moment that we connect to our natural energy and inner wisdom so we can feel strong, clear, calm, and safe. It is only in the moment that our intuition operates and we can sense the most accurate way to move forward.

When we experience a negative downward spiral caused by a buildup of stress, immense pressure, or difficulty, it causes a reaction in our body, mind, and heart. Then we may feel drained of energy and feel disconnected from the present moment of vitality and react to life situations in an unhealthy way.

- We may feel tense, then hormones are released and our breath, heart, pulse rate, and blood pressure accelerates faster and faster.
- Our autonomic nervous system is activated and mobilized. This causes a natural fight, flight and freeze stress alarm response. Too much negative stress causes a physical, mental, and emotional imbalance in both the body and the mind.
- In severe disharmonious states, we may breathe faster, more shallowly, or irregularly, and may even hold our breath. Sometimes we may even feel like choking or suffocating. This is often associated with painful feelings, headache, and even sweating, nausea, sadness, and or fear.
- An agitated mind often reflects a disturbed breathing rhythm. Habitual constricted breathing leads to poor blood circulation and lack of oxygen to the brain. As a result, this disruption creates tension, imbalance, and disharmony and wreaks havoc in our body, mind, and heart.
- It's important to understand that the acute stress activation response is normal. It's critical for 'survival,' performance and helps us to reach our goals. However, if we are unable to relax and this activation remains high, chronic and not normalized within a short time, it can cause immense strain on the central nervous system and be physically and mentally detrimental to our health and well-being. Consequently, if we remain in a tense and worried state, the stress response is more and more easily triggered. For example, we can become totally overwhelmed by bagatelles that normally don't bother us. The reaction can escalate and cause an even greater imbalance, if not managed well. At this point, we can easily disconnect from the present moment and enter a state of disharmony.

It is therefore crucial to be aware of how stress affects us in everyday life and learn how to manage these reactions.

The first step is to rebalance the body, mind, and heart and reconnect to the moment where we can become relaxed, calm, and intuitive. This is important for experiencing safety and control in the midst of stressful and chaotic situations.

Something as simple and natural as becoming more aware of your breathing is a proven, easy and highly effective method to rebalance the central nervous system. Breathing is a natural resource available to you at anytime—wherever you are. Ultimately it's also a necessary tool to connect to the moment. And it's in this moment you are able to

recharge and find your natural energy and spark of aliveness.

By using this practice, you can—in a very short time—feel the positive effects; as a result, you can deal with anything more easily and confidently.

STEP 2: FOCUS

The second step is to refocus our mind so we can think more clearly, see the big picture, receive inspired visions, and be more confident in our decisions.

When we feel stressed, overwhelmed, under pressure, or even paralyzed by fear, our thoughts may race and jump, making us overly mental or unable to concentrate.

We can easily lose focus and perspective and become passive or stuck. And we may then revert to solutions that worked in the past or think you can't handle your experience. On the other hand, we may project into the future and worry about what's going to happen. It's common to feel confused and doubt ourselves when we are confronted with challenging situations.

When we consciously take a 'time out' to refocus, we immediately loosen up, and clear our head of the distractions and noise we are constantly bombarded with. As a result, we can see new perspectives and possibilities.

Step 2 also helps you focus on your goals in the here and now and prioritize what is most important. You can then more easily decide on an action plan.

STEP 3: FLOW

The third step is to let go and expand our scope so we can feel free, empowered to do more, and experience the flow of harmony in our life.

When we let go and surrender to whatever comes our way—with acceptance, understanding, freedom, confidence, and trust—we are empowered by the flow that gives us energy and helps us to achieve our desires.

Working with the flow brings magical, synchronous results. You can gradually experience a feeling of peaceful excitement about creating the life of your dreams.

THE DAILY 5-MINUTE ROUTINE

This daily 5-minute routine can help you to integrate the Connect • Focus • Flow™ practice into your everyday life to be aware, relaxed, energized and at peace with yourself. This will increase your confidence in effectively dealing with the challenges in daily life.

- Find a suitable time and place to practice Connect • Focus • Flow™. This could be anywhere. Ensure that you are not disturbed.
- Sit down in a comfortable position. You may wiggle your body from side to side followed by shaking your arms and legs. Let tension and stress out of your system.
- You may close your eyes.
- Put one hand on your chest and one on your stomach and say to yourself:
I connect with myself. I am present in my body. I am here now.
I let go of all tension.
My body is relaxed.
- Focus on your breath and observe as you breathe in (counting to 4), then hold your breath (counting to 6) and breathe out (counting to 8).
You may say to yourself:
I focus and do the best I can. My mind is clear.
- Simply observe your breath and notice that the flow of breath happens naturally without having to do anything. You may say to yourself:
What I do is good enough.
- Observe where your attention wanders and use your breath to focus when you notice that you are thinking of something that takes your attention away from the awareness of breathing. You may say to yourself:
I have the courage to let go of everything that is not mine and I flow with whatever is happening right now.
- Accept whatever comes and goes without judgment and flow with the energy of what is. You may say to yourself:
I accept who I am. I am at peace with myself.
- Observe any impatience and breathe into it so it flows into the air and transforms into a feeling of peace and tranquillity. Feel the balance and harmony of life

flowing through you and you may say to yourself:
I am balanced and let my fear be transformed into peace, happiness and love.
I am free and let life flow through me with ease.
I feel alive and energized. I am confident.

You may find your own self-dialogue of what your unconscious needs to hear.

You can do this for as long as you like, anytime. By practicing this daily for 5 minutes you will start to do it automatically when you become aware that you feel stressed and overwhelmed or simply want to relax or find more balance and harmony. As a result you will feel the powerful effects of this method by feeling more energized, peaceful and happy in your life with more confidence and ease to deal with any challenges.

You can learn more about the Connect • Focus • Flow™ method of self-awareness at www.borghildbo.com/connect-focus-flow where you will also find audios and videos that can help you to integrate this practice into your everyday life.

STAY IN TOUCH

I would love to hear from you and learn how this benefits you. Please contact me personally if you have anything you would like to share or if you would like further guidance or support. You can get in contact with me at www.borghildbo.com

ABOUT BORGHILD



Borghild Bø is a consulting psychologist from Bergen, Norway, whose unique Connect • Focus • Flow™ approach helps clients discover their inner energy and strength, concentrate on it and allow it to empower them in their connections with the everyday world. Borghild's pilgrimages to Peru, India, Nepal and the Himalayas have allowed her to discover her own inner peace and inspired her to literary and artistic creativity. She divides her time between her busy practice and her spiritual pilgrimages. Follow her journeys by reading her book *Walking Into It*, available on Amazon.